

ЧЕРГОВА ПЕРЕМОГА ПРАВОСЛАВІЯ

Друга Неділя Св. Великого Посту

Отож ще раз підтвердила Церква оцю невимовну таємницю: Бог втілювався, поєднався навіки з людською істотою. Ми не покинені!

Ми маємо дуже високе покликання – зростати в досконалості і Богоподібності. Ставати Божою Ласкою – і нашою співучастю в цьому процесі – святыми, як Він Святий! Це реальне покликання. Нас саме до цього й закликав Господь Ісус. (продовження на uocc.ca)

ОГОЛОШЕННЯ

СЬОГОДНІ: Сповідь 9:00; Читання Годин в 9:30; Божественна Літургія в 10:00 годині.

КАВА ПІСЛЯ БОГОСЛУЖЕННЯ: Всіх присутніх сьогодні на Літургії щиро запрошуємо до катедральної аудиторії на каву і солодке.

СОРОКОУСТ ЗА ЗДОРОВ'Я – за Марію, Ігоря, Татьяну, Павла.



ЗАУПОКІЙНИЙ СОРОКОУСТ (місячне і річне поминання) за Ігоря Медовщикова, Зою Григорчук, добродійку Ольгу Павлишен. Бориса, Ілью, Євгенію, Олександра, Олексія, Івана, Анну, Миколая і Анну Радюк.



ЧЛЕНСТВО: Ми тепло вітаємо всіх віруючих та закликаємо стати членами парафії. Роблячи це, ви будете підтримувати не тільки Катедру Пресвятої Тройці, але і Консисторію Української Православної Церкви та її Західну Єпархію. Будь ласка, не соромтесь підійти до священника або будь-якого члена Парафіяльної управи, щоб обговорити членство і отримати копію форми заявки на членство.

ВАРЕНИКИ будемо робити 13, 20 і 27 квітня, Починаємо в 9-й годині ранку, якщо Ви вільні в цей день то просимо допомогти. Ваша допомога дуже потрібна. Заздалегідь дякуємо!

УКРАЇНСЬКА ПРАВОСЛАВНА КАТЕДРА ПРЕСВЯТОЇ ТРОЙЦІ
HOLY TRINITY UKRAINIAN ORTHODOX CATHEDRAL
154 East 10th Avenue, Vancouver, BC V5T 1Z4

SUNDAY BULLETIN

НЕДІЛЬНИЙ БЮЛЕТЕНЬ

Rev. Father Roman Tsaplan, Parish Priest
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Cell: 778-239-6252 Fax: 604-876-4745
E-mail: rttsaplan@yahoo.ca
Website: www.uocvancouver.com

WORSHIP SERVICE SCHEDULE

Reading of Hours: 9:30 am

Confession: 9:00 to 9:50 am

DIVINE LITURGY 10:00 to 11:30 am

FELLOWSHIP HOUR 11:45 am



SECOND SUNDAY OF THE GREAT LENT. St. GREGORY PALAMAS. Tone 2

ДРУГА НЕДІЛЯ ВЕЛИКОГО ПОСТУ. Свт. ГРИГОРІЯ ПАЛАМИ. Голос 2

TODAY'S ANNOUNCEMENTS

Welcome!

WELCOME TO OUR PARISH: Our warmest greetings are extended to all visitors and guests who are participating in today's Divine Liturgy. What a joy it is to have you praying with us.



HAPPY EASTER to all our friends who celebrate Resurrection of our Lord this Sunday. May the blessing and love of our Risen Lord be with you and your families always!

TODAY - Our regular schedule of services. We pray today that our young people may grow strong in faith so as to face the future with happiness and

hope.

YOUTH SUNDAY: The last Sunday of each month has been designated Youth Sunday in our Parish. This is also the Sunday in which the English language is used predominantly in the Liturgy. During the service, our Children will participate in various parts of the services. Parents and grandparents are encouraged to remind their children about Youth Sunday. Come find joy and reason to celebrate the Divine Liturgy with us.

PANAKHYDA will be served today in memory of Stephan Maskall, Vasylena (Lena) Maskall, William Maskall, Sylvia Shewchuk, Leonard Shewchuk, Anna Hucul and Vasyli Hucul requested by Paulette Hucul and family. Also we will commemorate today Anna Bodnar and Mykola Lialyn requested by Olia Tsihanska and family. O Lord, give rest to the soul of your departed servants in a place of light, a place of refreshment and a place of repose, where there is no sickness, sighing nor sorrow. Memory Eternal! **Вічна Пам'ять!**



VENERATION OF THE CROSS: Everyone is welcome to receive the blessing and partake of the blessed bread (Antidor) at the end of the Divine Liturgy.



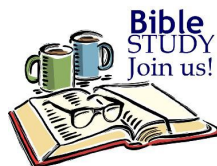
FELLOWSHIP HOUR: Everyone attending the service is cordially invited to join in the Fellowship Hour in the Auditorium immediately following the Liturgy.

DONATIONS - \$300 from Audrey Sojonky in honour of her mother Margaret Remenda. \$200 from Jorek and Paulette Hucul in memory of their parents and other family members. Thank you and may Almighty God reward you with His Divine Grace.

SUNDAY OF ORTHODOXY - VESPERS: Last Sunday was a very successful service with the participation of all Orthodox parishes of Lower Mainland. A big Thank you to our members who attended the service.



BIBLE STUDIES: You are invited to join us for coffee and an evening of exploring the New Testament of the Bible. Dates: Mon. March 28, followed by Tuesdays: Apr. 12, 19, May 3, 17, 31 and June 14. **Time:** 7pm to 8:30pm. **Location:** Mezzanine of the Holy Trinity Orthodox Cathedral. **Format:** Selected Bible readings with explanations from The Orthodox Study Bible and informal discussion. **Session Leaders:** Mary Ann Pylypchuk, Lyudmyla Kovalevska and Anna Zubchenko. Bring your own copy of the New Testament. Copies are also available during the sessions.



On Monday, March 28, we will look at **Marriage: a union of equals?** Read: Ephesians 5:20-33; 1 Corinthians 7: 1-4 Tuesday, Apr. 12 will be about the Apr. 7th Feast Day of the Annunciation of the Virgin Mary. **We'll explore the visit of the Archangel Gabriel to Mary and who is the Virgin Mary.**

Read: Luke 1: 26-38. On Tuesday Apr. 19 the topic will be **Baptism.** Future topics will be chosen by the participants.



Holy Communion

THE GREAT LENT BEGAN ON March 14th: During the Lenten period, everyone should come forward to participate in Sacraments of Holy Confession and Communion. Renew your Baptismal Pledge and cleanse it. Lenten memorial services combined with the Divine Liturgy will be held on Sundays March 27, April 3 and 10 at 10:00 am. Memorial candles may be purchased at the vestibule table.

Please arrange to have your loved ones remembered in these special prayers.

EASTER BAKING: In preparation for Orthodox Easter, the baking of traditional Easter breads has been scheduled for Friday, April 15 at 9am. All willing hands are sincerely invited to participate in these baking sessions. Please volunteer for this special preparation for Easter. These Easter breads will be on sale on Sunday, April 17th during the Fellowship Hour.

WORKSHOP FOR CHILDREN: We hope everyone can join us for the annual Paska bread making workshop for children of Sunday and Ukrainian school which will be held on Saturday, April 16, 2016, at 10 am.



CIRCLE THIS DATE: UPCOMING FUNDRAISER FOR OUR PARISH
- Classy Crafts & Timeless Treasures - WE ARE LOOKING FOR VENDORS for Saturday, October 15th from 10:00am - 3:00 pm at the Holy Trinity Auditorium 154 E. 10th Ave, Vancouver. If you are a CRAFTER or have TIMELESS TREASURES don't miss the opportunity to join us for this event.

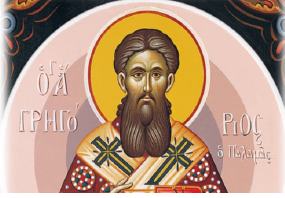
LIMITED SPACE, BOOK YOUR TABLE EARLY

For further details email: craftsandtreasures2016@gmail.com or see Lynne Cepin, Gloria Katnick, Liz Kaminsky or Marcia Moroz during the coffee hour.

THANK YOU for attending the service and may

YOU ALL HAVE A WONDERFUL SUNDAY

SPIRITUAL MESSAGE



THE CALL FOR DEEP AND ABIDING PRAYER is sounded by the Church in the Great Fast. The ascetics of old, through the ages, have developed a type of contemplation or meditation which aims at nothing less than union with God. Even outside the realm of religion, there is the plea for relaxation, for quietness, for solitude, by reason of health.

One of the great teachers of this type of uninterrupted or consistent prayer is Saint Gregory Palamas, commemorated on the Second Sunday of the Fast. This 14th century monastic was schooled in prayer at Mount Athos, and later become Archbishop of Salonika, Greece.

“ Pray without ceasing” is the advice of Saint Paul. Gregory explains how this is possible: “ By praying in the mind ... When we sit down to work with our hands, when we walk, when we eat... we can always pray mentally... the true prayer pleasing to God. Let us work with the body and pray with the soul. Let our outer man perform his bodily tasks, and let the inner man be entirely dedicated to the service of God, never abandoning this spiritual practice of mental prayer as Jesus commanded us: “ But you when you pray, enter into your closet, shut the door, and pray to your Father.” The closet of the soul is the body; our doors are the five bodily senses. The soul enters its closet when the mind does not wander, roaming among things and the affairs of the world... Our senses become closed when we do not let them be attached to external, sensory things, and in this way our mind remains free from every worldly attachment...”

One form of this spiritual exercise is to repeat the Name of Jesus. A great saint of the Church goes on to say that Christians ought to say God's Name in prayer more often than to breathe.